



# ***Alternative Medicine***

The CIGNA HealthCare program for Maricopa County employees and dependents participating in the CIGNA HealthCare benefit plan includes a special benefit for Alternative Medicine Services. This in-network benefit offers up to (10) ten visits (without a referral) per plan year to a CIGNA HealthCare Designated Alternative Medicine network. The following information describes the covered Alternative Medicine Services benefit and how to access these services.

## **What is Alternative Medicine?**

Alternative medicine encompasses a broad spectrum of services not generally performed or practiced within conventional medicine. The Alternative Medicine Services benefit under your CIGNA HealthCare benefit plan includes coverage for certain, but not all, types of alternative medicine treatment and services.

## **Covered Services**

Covered Alternative Medicine Services include only those services described in the CIGNA HealthCare benefit plan as generally summarized below, which are provided in-network by a Designated Alternative Medicine Center. Coverage is limited to ten (10) self-referral visits per contract year. Your Primary Care Physician (PCP) copay is required at each of the ten (10) self-referral visits (under the CIGNA HSA plan, you will have a \$5 copay per visit).

- ✓ Physical Medicine
- ✓ Acupuncture/Acupressure
- ✓ Massage Therapy
- ✓ Homeopathic Consultation
- ✓ Biofeedback/Guided Imagery
- ✓ Herbal/Homeopathic or Natural Products as dispensed in conjunction with an office visit at a Designated Alternative Medicine Center not to exceed \$60 retail value for all products combined per plan year.

Please see your CIGNA HealthCare benefit plan for specific covered expenses and exclusions.

## **Where Are Services Provided?**

Alternative Medicine Services are covered under your plan when provided or performed at Designated Alternative Medicine Centers (facilities with physicians and practitioners with which CIGNA HealthCare has contracted to have Alternative Medicine Services provided). Alternative Medicine Services provided to a participant by a facility, physician, or practitioner that is not a CIGNA HealthCare Designated Alternative Medicine Center will not be covered or reimbursed.

Please see your CIGNA HealthCare benefit plan for specific covered expenses and exclusions.

**How to Schedule an Appointment**

To schedule an appointment, contact a provider listed below:

**Central**

**Southwest Naturopathic Medical Center**

8010 E. McDowell Rd., #205

Scottsdale, AZ 85257

480/970-0000

**North**

**Naturopathic Family Care**

13832 N. 32nd St.

Phoenix, AZ 85032

602/493-2273

***Central North***

**West**

**Dr. Sorensen**

CIGNA Medical Group Paseo

5891 West Eugie

Glendale, AZ 85304

602/588-6601 option #3